



# Life Design Workshop

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## Course Overview

Design thinking is a powerful approach for developing practical, creative solutions to real-world problems. It applies the mindset and methods that designers, engineers and architects have used for 50 years to identify and address human needs by developing functional and meaningful products, services, processes, and spaces. At its core, design thinking encourages human empathy as a source of innovation to solve messy, ambiguous, wicked problems.

In this course, we'll experiment and experience how these tools can help us redesign our most precious creation, our lives.

For anyone on the verge of transition (graduation, new career, start up, mid-life, baby sleeping through the night, recent loss), join us as we apply the design thinking toolkit to create a life that is both meaningful and fulfilling.

Throughout this 8-week experiential workshop, you will build your way forward using design tools: empathy, brainstorming, prototyping and testing and a design mindset: curiosity, action, reframing and collaboration.

## Course Materials

I've curated some of my favorite tools in a Life Design workbook which will be delivered to you digitally as the course progresses. I've assembled materials from some great thought leaders that we'll rely on including Simon Sinek, Gretchen Rubin, Michael Lewrick, and Brene Brown.

We'll also read chapters of the book "Designing Your Life", Bill Burnett and Dave Evans. I'll send you a \$10 Amazon gift card to support your purchase.

## Course Sessions

Course sessions will be held in person at The Lola in Atlanta or via zoom.

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**Location:** The Lola Atlanta 621 North Avenue NE D-100, Atlanta, GA 30308

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## Course Schedule:

Classes will be held on the same day each week and last approximately two hours. Exact class dates and times will be established once a cohort of students express interest in this course.

<p><b>Week 1:</b> <b>Overview</b> of Design Thinking and Designing your life</p>
<p><b>Week 2:</b> <b>Build a Compass:</b> What is my why? What are my values? What is my destination?</p>
<p><b>Week 3:</b> <b>Generate Options:</b> What else is possible? <b>Define:</b> What problem am I solving?</p>
<p><b>Week 4:</b> <b>Ideate:</b> Get unstuck by brainstorming with others</p>
<p><b>Week 5:</b> <b>Ideate:</b> Get unstuck by brainstorming with others</p>
<p><b>Week 6:</b> <b>Prototype:</b> What do I need to learn about first? <b>Build Your Team:</b> Who can help me and how?</p>

## FAQ

For more information about the course visit - [SpringboardStrategy.com](http://SpringboardStrategy.com)

## Guarantee:

I know you're thinking, "what if this doesn't work for me?" You're protected at all times by the "I just want to help you get unstuck" guarantee. I believe in the value of this course and my work. If you've read this far down the page, I know that you're serious about designing a life that fits you. Here's what I've seen: this course works if you put in the work. If you show up for the calls, thoughtfully work through pre-work, do the reading, and still don't see the value, email my team at any time during the 30 days from course launch for a full refund.